

October Senior Center Gazette 2005

October Birthday Party Friday, Oct. 14, 1:30 pm Entertainment by The Fremontaires

Join in the festivities of our October Birthday Party. The Fremontaires will be playing your favorite songs. And, even if October is not your birthday month, come to enjoy the music, dancing, and fun at 1:30 p.m. Birthday cake, ice cream, and coffee will be served in the dining room. Prizes will be awarded in a drawing of the names of seniors present who have birthdays in October. Prizes have been donated by Kathy's Floral Design, Carlton Plaza of Fremont, Cookies by Design, Rose's Mortuary, and the Builder's Fund, which also provides the entertainment.



OKTOBERFEST Celebration & Lunch Weds, Oct. 12 12:00 Noon

\$5 members, \$7, non-members

Karl Lebherz will play his wonderful Oktoberfest music at the Celebration and Lunch. Chef Riley is preparing a terrific menu of Sauerbraten with gingersnap gravy, Brautwurst and sauerkraut, Potato Pancakes with applesauce & sour cream, non-alcoholic beer, and German Chocolate Cake for Dessert. You don't have to be from Germany, to celebrate Oktoberfest at the Fremont Senior Center!

Friday, Nov. 18, 1:30 pm HOLLYWOOD HATS! With Gloria Heidi, movie & fashion historian, with songs and stories of Hollywood glamour days.

COMMUNITY SERVICES

FREMONT HUMAN SERVICES DEPARTMENT.....	574-2050
Coordination of services for homebound seniors.....	574-2041
Senior Center.....	790-6600
Senior Information & Referral.....	574-2041
Fremont Paratransit Program.....	574-2053
Multi-Purpose Senior Services Program (MSSP).....	574-2050
Senior Peer Counseling.....	574-2063
Caregiver Support Program.....	574-2035
LIFE ELDERCARE.....	574-2090
Meals on Wheels.....	574-2092
Friendly Visitor Program.....	574-2097
Travel Escort Program.....	574-2096
AFGHAN ELDERLY ASSOCIATION.....	574-2059
ALAMEDA COUNTY WEBSITE.....	www.alameda.networkofcare.org
ALZHEIMER ASSOCIATION HOTLINE.....	1-800-660-1993
ALZHEIMER'S SERVICES OF THE EAST BAY.....	888-1411
BACS ADULT DAY CARE CENTER.....	656-7742
COMMUNITY HEALTH RESOURCE LIBRARY.....	494-7030
EAST BAY PARATRANSIT.....	1-800-555-8085
HEALTH INSURANCE INFORMATION SERVICE.....	1-800-770-9447
HOMESERVICES REGISTRY.....	574-2095
HOUSING ASSISTANCE (OFFICE OF NEIGHBORHOODS).....	494-4500
After hours.....	494-4505
LEGAL ASSISTANCE FOR SENIORS.....	1-800-393-0363
MEDICARE.....	1-800-952-8627
MEDICARE & INSURANCE COUNSELING (HICAP).....	1-800-393-0363
TRI-CITY HEALTH CLINIC.....	713-6685
SENIOR LIBRARY SERVICES.....	745-1499 or 745-1491
SOCIAL SECURITY.....	1-800-SSA-1213
TRI-CITY ELDER COALITION.....	574-2064

THE FREMONTAIRES 14 YEARS OLD IN OCTOBER!

Started 14 years ago, when Edna Gamba was asked if she would head up a guitar class and she said she wanted the class to be able to go out and entertain folks. They certainly do a wonderful job of entertaining!

Happy Birthday Fremontaires!

The band has the following musicians:
Edna Gamba, lead singer
George Keoki Pereira, from Hilo, Hawaii, plays base, banjo, ukulele, & sings
Howard Moffit, plays baritone sax & accordion with 2 big swing bands as well
Danny Seabreeze from Hawaii, plays guitar & ukulele
Wally Klinger, trumpet, guitar, who played in the Navy Drum & Bugle Corps
Eric Schneller, plays guitar & sings
Al Rojas, plays guitar
David Rojas, plays mandolyn
David Priego plays alto sax, bass guitar, vocals
Hal Espelete, music business for 50 years, sang with big bands in Hawaii
Miles Robertson, from Hawaii plays ukulele and sings
Santos Alvarez, plays guitar

SENIOR CENTER FLU SHOT DAY

**Monday, October 24
9:00 am to 1:00 pm**

**Flu shots -\$20.00
(should get every year)
Pneumonia shots - \$25
(lasts for 7 years)
Senior Center members
Served first.**

**Remember - Friday Nov. 4
Annual Holiday Boutique
& Sweet Shop
9:30 am to 2:30 pm**

Fremont Senior Center Crafts classes (including Quilting, Wood Carvers, and Crafts), plus many talented individuals have prepared wonderful items for you to view and purchase. We will also have tasty sweets and baked goods for you to eat and share with your family and friends. So get into the holiday spirit and attend the Annual Holiday Boutique & Sweet Shop on Friday, November 4.



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.